

Hyland Hills Gymnastics Welcomes You!!

May 3rd and 4th

Spectators - \$3.00 each age 2 and up

Admission is per person per session, for general and VIP seating.

GYMNASTS TO THE "GYMNAST" ROOM (Located across the floor, doorway in corner)

Spectator seating is very limited!
SPECTATORS GO DIRECTLY UPSTAIRS,
Handicap accessible with staff assistance.

***Please note the parent admission times, they are set for the benefit of all spectators!**

Friday May 3rd and Saturday May 4th

Session I- 4:15pm: Optional 2's (all divisions) and Optional 4's (open/all divisions) Spectators admitted 5:10pm

Session II— 8:00am: Optional 1's (all divisions) and Optional 3's (all divisions) Spectators admitted 9:00am

Session III—12:30pm: Comp. 3's (all divisions) Spectators admitted 1:30pm

Session IV - 4:30pm: Comp. 4's (all divisions) Spectators admitted 5:15pm

Thank you for attending our meet!

Hyland Hills –May 3rd and 4th CARA Girls Meet

Teams attending: Hyland Hills, Apex, Lakewood, Commerce City

Location: Donald E. VanArsdale Gymnastics Center 3295 w. 72nd B. Westminster CO, 80031

SPECTATOR SEATING IS VERY LIMITED! (two adults per gymnast will be crowded) especially for sessions 2 and 3

Admission \$3 each age 2 and up (CASH ONLY)

Sessions will be crowded, however 2 spectators per person is highly recommended for sessions 2 and 3

Friday, May 3rd

Session I—Optional 2's and 4's

Gymnasts Arrive by: 4:15pm

Open stretch: 4:15pm-4:35pm

*Spectators admitted: 5:10pm

Timed Warm Up: 4:35pm-5:35pm

March in: 5:45pm

Awards: 8:30pm

Saturday, May 4th

Session II—Optional 1's and 3's (2 spectators per gymnast is highly recommended)

Gymnasts Arrive by: 8:00am

Open Stretch: 8:00am-8:20am

*Spectators admitted: 9:00am

Timed Warm-up: 8:20am-9:20am

March in: 9:30am

Awards: 12:30pm

Session III – Comp. 3's (2 spectators per gymnast is highly recommended)

Gymnasts Arrive by: 12:30pm

Open Stretch: 12:30pm-1:00pm

*Spectators admitted: 1:30pm

Timed Warm-up: 1:00pm-1:55pm

March in: 2:00pm

Awards: 4:30pm

Session IV – Comp. 4's

Gymnasts Arrive by: 4:30pm

Open Stretch: 4:30pm-4:50pm

*Spectators admitted: 5:15pm

Timed Warm-up: 4:50pm-5:35pm

March in: 5:45pm

Awards: 7:45pm